

Newsletter

Stay In Tuned With The Latest
News



And the Monthly Topic is...



- Inside the website you will find a different newsletter every month. Inside the newsletters are the most current and up to date information available. Inside our website we allow you to print the newsletter or just read it on the website, whichever you prefer. As part of our newsletters we always do a trivia question in regards to the information inside the article. Every month we have a drawing for all the participants that answer the trivia question. The winner received a Professional & Personal Wellness sweatshirt.
 - Below are this year's monthly topics:
 - Food Safety Month
 - Breast Cancer Awareness
 - National Drunk & Drugged Driving Prevention
 - The Health of Giving Back
 - Winter Outdoor Activities
 - Heart Health Month
 - Nutrition
 - Stress Management
 - Bike Safety
 - National Men's Health Week
 - Enjoy Michigan (Vacation)
 - Fresh & Local Month
- In addition to the monthly article, we also provide additional information about each monthly topic. This includes a link list that will take you to specific websites with important additional information regarding these health and wellness topics.

